



Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 6

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Crows & Cranes: (8 minutes) In a 15Wx20L yard grid divided in two halves. All Payers get a partner; one player is a Crow and the other is a Crane. Both players stand on the midline next to each other. When the coach calls Crows, players will dribble to their end line before the Cranes can tag them. Have the players stop their ball on the end line.</p> <ul style="list-style-type: none"> Play 15 rounds of 20 seconds each with 13 second break in between rounds 		<p>Coach (C) - What surfaces should players use to dribble the ball? Player (P) - The laces to dribble forward quickly, and the inside or outside to change direction. C - Where should players try and dribble when passing through the cranes? P- Away from the cranes and into a lot of space</p>
Activity 2	<p>Boston Bulldog with Goals: (8 minutes) In a 15Wx20L yard grid. Divide your playing area in three sections. The shooting zone, the defending zone and the starting zone. Place at least 4 players in the starting zone with a ball behind the line. Have at least 3 defenders in the defending zone and in the shooting zone place 3 small goals, each 2 yards wide. When the coach says go the dribblers run into the defending zone if they go past the defenders they will be able to shoot into 1 of the 3 goals. If the defender gets the ball they switch places. Play to 5 goals</p> <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 20 second break in between rounds 		<p>C - When should players change direction and speed? P - If a bulldog is in front of the them, they change direction to face open spaces, and then change speed to accelerate past bulldogs. C - When should players shoot for the goal? P - As soon as they are close enough to shoot the ball through the goal with your laces.</p>
Activity 3	<p>Bandits 2: (7 minutes) In a 15Wx20Lyard grid. Select 1 or 2 players to be the Bandits. Their mission is to get the dribblers' ball and bring it to one of the two hideouts. The dribbler can take the ball back from the bandit. If the bandit gets the ball into the hideout, the dribbler becomes a bandit.</p> <ul style="list-style-type: none"> Play 5 rounds of 1 minute each with 30 second break in between rounds 		<p>C - When players get the ball from the dribbler what foot surface should they use to get the ball in the hideout? P - The laces, inside, and outside of the foot. C - What should players do to prevent the bandit from entering the hideout? P - Get in between the bandit and the hideout.</p>
Activity 4	<p>Get "Outta" There in 2's or 3's: (8 minutes) In a 15Wx20L yard grid. The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with a small goal on each end line. The coach serves a ball into the grid and 2 players from each team try to gain possession and score in their opponent's goal. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there" and all the layers leave the field. Coach: Can make the games 1v2, 2v2, 2v3 or 3v3. Coach should vary the service to different areas of the field</p> <ul style="list-style-type: none"> Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between 		<p>C - Which part of the foot should players shoot with if they are far away from the goal? P - Laces C - Why would players need to shoot with their toe? P - To disguise their shot or to get a shot off quickly.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx 30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes